

## CLAIMS

What is claimed is:

1. A system for the delivery of light energy to a subject, comprising:  
a chamber sized to hold an individual subject, the chamber having an interior portion defined by chamber walls;  
a reflective surface covering at least a portion of the interior portion of the chamber to reflect energy; and  
a monochromatic light source to deliver light to the subject within the chamber.
2. The system of claim 1 wherein the reflective surface is a mirrored surface.
3. The system of claim 1 wherein the reflective surface is designed to reflect electromagnetic energy from the surface of the subject within the interior portion of the chamber.
4. The system of claim 1 wherein the monochromatic light source generates light having wavelengths in the visible portion of the spectrum.
5. The system of claim 1 wherein the monochromatic light source is a coherent light source.
6. The system of claim 1 wherein the coherent light source is a laser light.
7. The system of claim 6 wherein the laser is a Class IIIA laser.

8. The system of claim 6 wherein the laser generates light having a wavelength of approximately 670 nanometers.

9. The system of claim 6 wherein the laser generates light having a power of approximately 5 milliwatts.

10. The system of claim 1 wherein the monochromatic light source is mounted within a container, the container comprising:

a top portion and side portions that do not permit the passage of the monochromatic light therethrough; and

a visually transparent bottom portion to permit the passage of the monochromatic light therethrough.

11. The system of claim 10 wherein the visually transparent bottom portion comprises a clear glass surface.

12. The system of claim 10 wherein the visually transparent bottom portion comprises a filter to permit passage of selected wavelengths of light generated by the monochromatic light source.

13. The system of claim 10 wherein the visually transparent bottom portion comprises a glass surface shaped to form a lens to thereby focus the monochromatic light in a predetermined manner.

14. The system of claim 10, further comprising an opaque member surrounding the visually transparent bottom portion to prevent the application of light outside the opaque member when the bottom portion of the container is placed in proximity with the subject.

15. The system of claim 14 wherein the opaque member surrounding the visually transparent bottom portion is black.

16. The system of claim 14 wherein the opaque member surrounding the visually transparent bottom portion is a pliable material.

17. The system of claim 14 wherein the side portions are circular in shape to form a substantially cylindrical container and the opaque member is substantially circular.

18. A system for the delivery of light energy to a subject, comprising:  
a reflective surface positioned proximate the surface of a subject at a predetermined location on the subject surface to reflect energy; and  
a monochromatic light source to deliver light to the subject.

19. The system of claim 18, further comprising a garment sized to be worn by the subject wherein the reflective surface is mounted on an interior portion of the garment and brought into proximity with the subject surface when the garment is worn by the subject.

20. The system of claim 18 wherein the reflective surface is a mirrored surface.

21. The system of claim 18 wherein the reflective surface comprises a plurality of mirrors positioned at predetermined locations along the surface of the subject.

22. The system of claim 18 wherein the reflective surface is positioned to reflect electromagnetic energy from the surface of the subject.

23. The system of claim 18 wherein the monochromatic light source is a coherent light source.

24. The system of claim 23 wherein the coherent light source is a laser light.

25. The system of claim 18 wherein the monochromatic light source is located in a fixed position with respect to the subject to direct the monochromatic light to a substantially fixed position on the surface of the subject.

26. The system of claim 18 wherein the monochromatic light source is moveable with respect to the subject and is repositioned while active to thereby direct the monochromatic light to a variable area on the surface of the subject.

27. The system of claim 18 wherein the monochromatic light source emits a substantially constant light intensity on the surface of the subject.

28. The system of claim 18 wherein the monochromatic light source emits a variable light intensity on the surface of the subject.

29. A system for the delivery of light energy to a subject, comprising:  
a container;

a monochromatic light source within the container to deliver monochromatic light to the subject;

a visually transparent bottom portion of the container to permit the passage of the light therethrough; and

a reflective surface affixed to the container proximate the bottom portion and directed toward a surface of a subject to reflect electromagnetic energy from the subject surface.

30. The system of claim 29 wherein the reflective surface is a mirrored surface.

31. The system of claim 29 wherein the light source is a coherent light source.

32. The system of claim 31 wherein the coherent light source is a laser light.

33. The system of claim 29 wherein the light source is located in a fixed position with respect to the subject to direct the light to a substantially fixed position on the surface of the subject.

34. The system of claim 29 wherein the light source is moveable with respect to the subject and is repositioned while active to thereby direct the light to a variable area on the surface of the subject.

35. The system of claim 29 wherein the light source emits a substantially constant light intensity on the surface of the subject.

36. The system of claim 29 wherein the light source emits a variable light intensity on the surface of the subject.

37. The system of claim 29 wherein the visually transparent bottom portion comprises a clear glass surface.

38. The system of claim 29 wherein the visually transparent bottom portion comprises a glass surface shaped to form a lens to thereby focus the light in a predetermined manner.

39. The system of claim 29 wherein the visually transparent bottom portion comprises a filter to permit passage of selected wavelengths of light generated by the light source.

40. The system of claim 29 wherein the reflective surface comprises a centrally located non-reflective surface to permit passage of light from the light source.

41. The system of claim 29 wherein the reflective surface comprises a centrally located aperture to permit passage of light from the light source.

42. The system of claim 29, further comprising an opaque member surrounding the visually transparent bottom portion to prevent the application of light outside the opaque member when the bottom portion of the container is placed in contact with the subject.

43. A system for the delivery of light energy to a subject, comprising:  
a vertically oriented chamber having a top portion, a bottom portion and sidewall portion, the chamber having an interior portion defined by top and bottom portions and the sidewall portion, the chamber being sized to hold an individual subject in a substantially upright orientation;

a reflective surface covering at least a portion of the interior portion of the chamber to reflect energy; and

a light source to deliver light to the subject within the chamber.

44. The system of claim 43, further comprising a seat within the chamber interior.

45. The system of claim 43 wherein the reflective surface is a mirrored surface.

46. The system of claim 43 wherein the reflective surface is designed to reflect electromagnetic energy from the surface of the subject within the interior portion of the chamber.

47. The system of claim 43 wherein the light source is a monochromatic light source.

48. The system of claim 43 wherein the light source is a coherent light source.

49. The system of claim 48 wherein the coherent light source is a laser light.

50. The system of claim 43 wherein the light source is mounted within a container, the container comprising:

a top portion and side portions that do not permit the passage of the light therethrough; and

a visually transparent bottom portion to permit the passage of the light therethrough.

51. The system of claim 50 wherein the visually transparent bottom portion comprises a clear glass surface.

52. The system of claim 50 wherein the visually transparent bottom portion comprises a glass surface shaped to form a lens to thereby focus the light in a predetermined manner.

53. The system of claim 50 wherein the visually transparent bottom portion comprises a filter to permit passage of selected wavelengths of light generated by the light source.

54. The system of claim 50, further comprising an opaque member surrounding the visually transparent bottom portion to prevent the application of light outside the opaque member when the bottom portion of the container is placed in contact with the subject.

55. A method for the delivery of light energy to a subject, comprising:  
positioning a reflective surface in proximity with the surface of a subject to reflect energy; and  
directing a light onto the subject for a therapeutic period of time.

56. The method of claim 55 wherein the reflective surface is a mirrored surface within a chamber and positioning a reflective surface in proximity of the subject comprises placing the subject within the chamber.

57. The method of claim 55 wherein positioning a reflective surface in proximity of the subject comprises placing at least one reflective surface proximate the subject.

58. The method of claim 55 wherein placing the at least one reflective surface proximate the subject comprises positioning a first reflective surface proximate the subject at a predetermined location on the surface of the subject and securing the first reflective surface at the predetermined location.



59. The method of claim 55 wherein positioning the reflective surface proximate the subject comprises securing a first reflective surface in a garment and placing the garment on the subject.

60. The method of claim 55 wherein the reflective surface is a mirrored surface.

61. The method of claim 55 wherein the reflective surface reflects electromagnetic energy from the surface of the subject.

62. The method of claim 55 wherein the light is a monochromatic light and directing the light onto the subject comprises directing the monochromatic light onto the subject.

63. The method of claim 55 wherein the light is a coherent light and directing the light onto the subject comprises directing the coherent light onto the subject.

64. The method of claim 63 wherein the coherent light is a laser light and directing the coherent light onto the subject comprises directing the laser light onto the subject.

65. The method of claim 55 wherein directing the light comprises directing the light to a substantially fixed position on the surface of the subject.

66. The method of claim 55 wherein directing the light comprises moving the light with respect to the subject to thereby direct the light to an area on the surface of the subject.

67. The method of claim 55 wherein the light has a substantially constant light intensity on the surface of the subject.

68. The method of claim 55 wherein the light has a variable light intensity on the surface of the subject.

69. The method of claim 55 wherein the light is generated by a light source, the method further comprising mounting the light source in a container having a top portion and side portions that do not permit the passage of the light therethrough and a visually transparent bottom portion to permit the passage of the light therethrough.

70. The method of claim 69 wherein the visually transparent bottom portion comprises a clear glass surface.

71. The method of claim 69 wherein the visually transparent bottom portion comprises a glass surface shaped to form a lens to thereby focus the light in a predetermined manner.

72. The method of claim 69 wherein the visually transparent bottom portion comprises a filter to permit passage of selected wavelengths of light generated by the light source.

73. The method of claim 69, further comprising attaching the reflective surface to the container.

74. The method of claim 69, further comprising mounting an opaque member surrounding the visually transparent bottom portion to prevent the application of light outside the opaque member when the bottom portion of the container is positioned proximate to the subject.